

1983

## Race, Gender, Socioeconomic Status and Self-Disclosure

Stanley Gene Cosby  
*University of Rhode Island*

Follow this and additional works at: <https://digitalcommons.uri.edu/theses>

---

### Recommended Citation

Cosby, Stanley Gene, "Race, Gender, Socioeconomic Status and Self-Disclosure" (1983). *Open Access Master's Theses*. Paper 1672.  
<https://digitalcommons.uri.edu/theses/1672>

This Thesis is brought to you for free and open access by DigitalCommons@URI. It has been accepted for inclusion in Open Access Master's Theses by an authorized administrator of DigitalCommons@URI. For more information, please contact [digitalcommons@etal.uri.edu](mailto:digitalcommons@etal.uri.edu).

RACE, GENDER, SOCIOECONOMIC STATUS  
AND SELF-DISCLOSURE

BY  
STANLEY GENE COSBY

A THESIS SUBMITTED IN FULFILLMENT OF THE  
REQUIREMENTS FOR THE DEGREE OF  
MASTER OF ARTS  
IN  
PSYCHOLOGY

UNIVERSITY OF RHODE ISLAND

1983

## ABSTRACT

An experiment was performed to assess how gender, race, and socioeconomic status influence self-disclosure. These three factors were investigated by having the participants rate their degree of self-disclosure to each parent and to a male friend and female friend. The Jourard Self-Disclosure Questionnaire was used.

The subjects consisted of eighty college students: twenty white males, twenty white females, twenty black males, and twenty black females. All subjects were enrolled at two Rhode Island Colleges and were tested in a group by an examiner of the same sex and race.

The results were analyzed using a  $2 \times 2 \times 2$  analysis of variance test. This consisted of 2 (male, female)  $\times$  2 (black, white)  $\times$  2 (upper socioeconomic status, lower socioeconomic status). A significant difference in the reported rates of total self-disclosure by sex ( $F = 4.93$ ,  $df = (1,72)$   $p < .05$ ) was found, with females disclosing more than males. A significant sex  $\times$  race interaction was also found ( $F = 7.75$  ( $df = 1,72$ ),  $p < .01$ ). A simple effects test found that white females disclosed more than black females; but black and white males do not differ in their total self-disclosure.

The results were also analyzed using a  $2 \times 2 \times 2 \times 4$  analysis of variance (gender  $\times$  race  $\times$  socioeconomic status  $\times$  targets) to measure the difference in rates of self-disclosure to different target persons. A significant difference in self-disclosure to different target persons was found. ( $F = 20.52$ ,  $df = (3,216)$   $p < .001$ ). A significant target by socioeconomic status interaction was found ( $F = 3.48$  ( $df = 3,216$ ),  $p < .05$ ). A Tukey follow-up test revealed that there was a significant difference in subject's self-disclosure to father compared to the other targets.

A significant sex  $\times$  race  $\times$  target interaction was also found in the  $2 \times 2 \times 2 \times 4$  ANOVA. ( $F = 2.84$ , ( $df = 3,216$ ),  $p < .05$ ). Differences were found in self-disclosure

rates of white male and female subjects for certain targets. White females disclosed at a significantly higher rate to a female friend target, and a male friend target than white males.

The sex x race x target interaction also revealed a significant difference in disclosure rates of the black male and female subjects for certain targets ( $F = 5.43$ ,  $(df = 1, 250)$   $p < .05$ ). Black males disclosed more to a female friend than did black females.

In summary, there was a significant effect for sex and for targets. For sex, The overall group of females disclosed more than the overall group of males. For targets, white females disclosed more to a male friend, a female friend, and mother target person than did black females. Black and white males did not differ in their self-disclosure to any of the targets.

The significant interaction between sex x race x target also showed that white females disclosed more to a male friend than did white males. Black males disclosed at a greater rate than black females to a female friend. The remaining interactions were not significant.

To determine whether a relationship exists between self-disclosure to a parent and the attractiveness of the parent as measured by the Parent Cathexis Questionnaire, the correlation between the overall self-disclosure score to each parent and the score on the parent cathexis questionnaire for each parent was computed. The overall score for self-disclosure to father correlated significantly with the father cathexis scale,  $r = -.46$ ,  $p < .001$ . The overall score for self-disclosure to mother did not correlate significantly with the mother cathexis scale  $r = -.15$ , ns.

An important implication that we may draw from this study, is that black females disclose less than white females to several target persons. If decisions and counsel are grounded in lack of self-disclosure from black female students, to a counselor, then the decisions may not be very helpful. Perhaps the low self-disclosure rate of some black students may be an important factor that accounts for a high college attrition rate.

#### · ACKNOWLEDGEMENTS

I would like to express my sincere gratitude to several people who have assisted me in the completion of this research. Special thanks are extended to Dr. Albert Lott, my major professor, for his assistance in the design and completion of this research. Further appreciation is extended to the remaining members of my committee-- Dr. Henry Biller, Dr. Paul Florin, and Dr. James Starkey-- for their critically helpful suggestions.

I would also like to thank Dr. Jerry Cohen, Dr. John Stevenson, and Ms. Sandra Williams for their assistance.

## TABLE OF CONTENTS

	<u>PAGE</u>
List of Tables	vi
List of Figures	viii
Introduction	1
Method	
Subjects	18
Instruments and Proceedure	20
Results	27
Discussion	44
References	54
Appendix 1.	57
Self-Disclosure Questionnaire	59
Appendix 2.	63
Parent Cathexis Questionnaire	65
Appendix 3.	69
Informed Consent Form	69

## LIST OF TABLES

<u>TABLE</u>	<u>PAGE</u>
1. Means and Standard Deviations for Total Self-Disclosure Scores of White and Black, Upper and Lower Socioeconomic Status Subjects to Combined Target Persons.....	29
2. Means and Standard Deviations for Mean Self-Disclosure Scores of White and Black, Upper and Lower Socioeconomic Status Subjects to Mother as Target Person.....	30
3. Means and Standard Deviations for Mean Self-Disclosure Scores of White and Black, Upper and Lower Socioeconomic Status Subjects to Father as Target Person.....	31
4. Means and Standard Deviations for Mean Self-Disclosure Scores for White and Black, Upper and Lower Socioeconomic Status Subjects to Male Friend as a Target Person.....	32
5. Means and Standard Deviations for Mean Self-Disclosure Scores for White and Black, Upper and Lower Socioeconomic Status Subjects to Female Friend as a Target Person....	33
6. Analysis of Variance of Self-Disclosure Scores of Black and White, Male and Female, and Upper and Lower Socioeconomic Status Students.....	35
7. Mean Income of Black and White Upper and Lower Income Subjects (in thousands of dollars).....	48
8. Analysis of Variance of Incomes of Black and White, Upper and Lower Socioeconomic Status Students.....	48
9. Mean Self-Disclosure Scores of Black, Upper and Lower Income Subjects to Each Target Person.....	50

<u>TABLE</u>	<u>PAGE</u>
10. Analysis of Variance of Self-Disclosure Scores of Black Upper and Lower Income Students.....	51
11. Tests on Differences Between Pairs of Means of Self-Disclosure Scores of Black, Upper and Lower Income Subjects to Each Target Person.....	51
12. Analysis of Variance of Self-Disclosure Scores of Black Upper and Lower Income Students to Male Friend as Target Person.....	52



## LIST OF FIGURES

<u>FIGURES</u>	<u>PAGE</u>
1. Graph of total self-disclosure scores to four target persons by students, classified by sex and race.....	36
2. Graph of mean self-disclosure scores to four target persons by students classified by sex and race.....	37
3. Graph of mean self-disclosure scores to four target persons by students classified by sex and race.....	37
4. Graph of mean self-disclosure scores of students, classified by socioeconomic status.....	38
5. Graph of total self-disclosure scores to four target persons by students, classified by sex and race.....	40

## RACE, GENDER, SOCIOECONOMIC STATUS AND SELF-DISCLOSURE

Horney's (1950) characterological studies have drawn attention to what she called the self-alienated individual. She characterized the problem of alienation as a common tendency among adults to misrepresent themselves to others. Such individuals have a need to evolve artificial and strategic ways to cope with others by misrepresenting their genuine feelings, wishes, and thoughts. The real self, she asserts (Horney, 1950), is the "unique, alive, personal center of ourselves; the part that wants to grow." However, alienated individuals are characterized as having lost the feeling of being an active determining force in their own lives; they are alienated from the most alive center of self which she calls the real self.

Her theories propose that self-alienated individuals are astute observers of others and their world, yet they tend to block out certain feelings and thoughts of their own. The self-alienated individual may, for example, talk about his or her experiences in a depersonalized fashion. He talks about himself without "being in it, or he may sleep with a woman without being in it" (p.161). Such individuals appear to be driven by compulsive forces as opposed to being the driver in control of them-

selves. This type of individual's behavior results in active moves away from what Horney calls the authentic self.

Jourard (1971) has studied the behavior of moving away from the real self in a direct way by experimentally investigating self-disclosure behavior. He hypothesized that the accurate portrayal of the self to others is an identifying criterion of a healthy personality, while neurosis is related to an inability to disclose one's real self to others. He argued that "authentic being" requires courage and "involves the act of being one's real self honestly in one's roles, as well as in one's relations with other human beings" (p.41). It demands behaving in ways essentially the opposite from the self-alienated individual, because such behavior aims to drop pretense and duplicity.

However, humans seem obliged to hide much of their real self from themselves and others. Jourard feels that self-disclosure is a means of ultimately achieving a healthy personality. Until a person begins to seek out and develop his real self, Jourard feels that he has not begun to mature. One's self, he argues, "grows from the encounter of others as well as from the experiences of living" (p. 125). People come to need help, he further

argues, because they have not disclosed themselves in some degree to the significant other people in their lives. Disclosure thus gives a person a chance to free associate all of his anxiety provoking thoughts and feelings which he would not dare readily disclose to himself, much less to another person. Thus, the result of self-disclosure is growth and well-being, and is one of the key characteristics of a healthy personality.

The idea of developing a measuring device for studying the "real self" crystallized when Jourard began filling out job applications in search of a new position. He found that prospective employers sent all kinds of questionnaires to him, sometimes asking very personal questions. While filling out the questionnaires, he began thinking about the fact that he was giving these employers a view of himself that in some cases was more detailed than his close friends had. This led him to question himself about who else knows the things about himself that he told the employers. Jourard then went around and asked his friends and colleagues what they knew about him, and he found that, based on their responses, he hardly recognized himself. He also found that there was much about himself that he did not want others to know, and that many of his actions were aimed at misleading others and misinforming them

about the person he knew himself to be.

Next, he drew up a set of 100 questions about the kinds of things one asks another person if one wishes to know him or her personally. He began by asking his colleagues and friends how many of the questions did they think their wife and closest friend could answer. Jourard (1971) refined his first list of personal questions and produced a questionnaire listing sixty topics of a personal nature that were classified into six categories, or aspects of self. This instrument was named the "Self-Disclosure Questionnaire." This 60-item scale was later criticized by Cozby (1973) as lacking predictive validity. Cozby argued that the scale does not accurately predict self-disclosure and that the scores on the questionnaire reflect the subject's past history of disclosure to four different target persons (mother, father, same sex friend, opposite sex friend). Jourard then developed a 40-item self-disclosure questionnaire, which would reflect current self-disclosure. He developed this 40-item questionnaire by rewording a few key questions from from each topic area of the 60-item questionnaire. This new questionnaire was designed to measure self-disclosure and to measure to which target person a subject will self-disclose a current accurate picture of himself or herself.

Jourard (1970) obtained evidence for the discriminative validity of the 40-item Jourard Self-Disclosure Questionnaire. In one study he selected twenty-five Puerto Rican and twenty-five American male and female college students. The self-disclosure questionnaire was translated into Spanish and administered to the Puerto Rican students by a Puerto Rican and the American students were given the questionnaire by Jourard. He found a significant difference only for total self-disclosure, not for interactions between nationality, target of the self-disclosure or sex.

In another study Jourard (1971) found that productivity on the Rorschach was correlated .37 with total disclosure score, .44 with disclosure to father, and a .35 with disclosure to same sex friend. The correlations with mother was .26 and with the opposite sex friend was .03. None of these correlations were statistically significant. Jourard argues that these results show that there is a low, but real correlation between productivity on the Rorschach test and the measure of the amount of self-disclosure to specific target persons. A low productivity score on the Rorschach indicates defensiveness or guardedness and this behavior pattern is frequently found in low self-disclosures. These findings support



the construct validity of the 40-item self-disclosure test; although the low, nonsignificant correlations do not demonstrate this in a strong way.

Resnick (1970) obtained evidence for the predictive validity of a 40-item Jourard self-disclosure questionnaire in a study which determined whether high disclosing subjects influence low disclosing subjects. Resnick's questionnaire is very similar and is based on the 40-item Jourard self-disclosing questionnaire, but some items ask more intimate questions. In this study Resnick selected eighty female undergraduates and administered the questionnaire to them in order to divide a subset of the subjects into either a high or low self-disclosure group. These two groups consisted of twelve subjects each, and each was called in for two experimental sessions. In the first session, the members of the high disclosure group were paired with each other at random and similarly, lows were paired with lows.

The second experimental session randomly paired high disclosers with low disclosers. This second session constituted the mixed condition. Pairs were then selected from each group and they were asked to enter into dialogue with one another, with regard to twenty high, medium, and low self-disclosure topics.

Resnick found a significant difference between each pair of means for the high and low disclosing groups. That is, she found that when low disclosing subjects were paired with high disclosing subjects, they revealed more about themselves than when they were paired with other low disclosing subjects. She also found that when high disclosing subjects were paired with high disclosing subjects, they disclosed at a high rate. Furthermore, when low disclosing subjects were paired with low disclosing subjects, they disclosed less to their partners than did the high disclosing subjects who were paired with low disclosing subjects. This finding indicates that the self-disclosure questionnaire employed for allocating the subjects into low and high groups predicted actual behavior. Hence, the forty item self-disclosure questionnaire may be regarded as validated for this purpose.

Although some of Jourard's research has succeeded in finding differences in self-disclosure rates between races (generally, whites disclosed more than blacks), none of his studies analyze the theoretical explanations underpinning the discrepancy of scores between blacks and whites. His studies(1958, 1971) also fall short in resolving the critical question of self-disclosure as it relates to various social class groups among races. Thus, sex, race,



and socioeconomic status are important variables relating to self-disclosure and its measurement. This study will look at the interrelationship of these three variables and how they influence self-disclosure.

#### RACE AND SELF-DISCLOSURE

A major line of research on blacks and whites and self-disclosure has been concerned with consistent findings suggesting that blacks disclose less about themselves than their white counterparts (Dimont & Hellkamp, 1969; Jourard, 1958, 1971). Jourard (1958, 1971) found that white subjects disclosed more than black subjects. From a large pool of subjects, he selected a subset of white and black, male and female students. He had the subjects tested by an experimenter of the same race. Jourard found that the four groups differed in total self-disclosure with white subjects disclosing more than black subjects and the females more than males. These subjects also varied in the amount of self-disclosure to specific target persons. For example, he found that black male subjects consistently disclosed less about themselves to father as target person.

A similar study by Littlefield (1974) found that black junior high school students disclosed less to their guidance counselors than comparable white junior high

school students. But he found no difference in level of disclosure between black male and female ninth graders, a result that is divergent from other studies of sex and self-disclosure.

Although the outcomes of these investigations are interesting, the implications of the literature on race and self-disclosure are not simple or clear. A major limitation of many of these investigations is that they fail to include the variable of socioeconomic status in the design. Another important limitation is that many studies have not thoroughly investigated the literature on the sociopsychological dynamics of black subculture in ways that would clarify self-disclosure behaviors. Vontress (1969), for example, identifies certain black subcultural socialization practices to explain why blacks self-disclose less than whites. He suggests that this reserve in self-disclosure displayed by blacks in general and black males in particular is a result of their unique subcultural socialization process. He argues that the black male defines his manhood in terms of independence, secretiveness, aggressiveness, and sexual prowess. To be a man for many blacks means scorn for white authority and white middle class standards. It also means being cool, which is another way of saying hold things in or keep things to one's self.

## SEX AND SELF-DISCLOSURE

Jourard's (1958,1971) research has demonstrated that females self-disclosed more than males. He argues that this phenomenon is a result of socialization processes. He feels that men dread being completely open to others and as a result are continually more tense and less empathetic than women. A man's role, he states, "requires him to appear tough, objective and generally emotionally unexpressive" (Jourard, 1958, p.35). Man, he argues, is unwilling to disclose certain aspects of himself for fear that this will be regarded as a sign of weakness. Weeping in public or private, for example, would probably cause others to perceive him as weak or inferior to other men. Studies have shown that male leaders of effective groups maintain an optimum distance from their followers, thereby minimizing the possibility of their followers gaining an intimate personal knowledge of the leaders feelings and needs (Feidler, 1957). Men are also less likely than women to disclose their sickness to others or to consult a doctor until their illness has become so aggravated that it can not be ignored. Jourard states that man is thus non disclosing "because other people might pry open his secrets in an unguarded self-disclosing moment, and reveal his true self in its nakedness, thereby exposing

his areas of vulnerability" (p. 35).

These types of men are continually alert and tense and their personality mask is a kind of work which requires a lot of stress and energy to maintain. Such stress, he hypothesizes, is one of the main reasons why men are less empathetic than women and why men die sooner than women.

Although Jourard has succeeded in finding differences in self-disclosure rates between males and females and between races, none of his major research studies adequately analyzed the relationship between gender, race, and social class. The interrelationship of these variables and how they each affect one's willingness to self-disclose to specific target persons has not been studied.

#### SOCIOECONOMIC STATUS AND SELF-DISCLOSURE

A study by Wolkon, Moriwaki, and Williams (1973) found that race alone was not related to self-disclosure in the context of psychotherapy, but social class was. They found that middle-class blacks' orientation to psychotherapy was significantly more positive than black persons of lower social class origin. All of the participants in their study reported that they would return for help should the need arise; however, black persons from both socioeconomic classes were different from whites in their

perception of the effectiveness of psychotherapy and their degree of self-disclosure. All the white subjects manifested significantly higher self-disclosure scores than did the pool of black subjects.

Wolkon et al (1973) also found that blacks were more dissatisfied compared to whites with their experiences and with treatment facilities, and that blacks preferred black therapists. In addition, Wolkon et al concluded that lowerclass black people should be assigned black therapists so that mutual trust can be established and that more extensive self-disclosure can follow. These two elements are essential for any type of therapy.

However, middle-class black individuals could be assigned white therapists who are sensitive to subcultural problems and can establish trust quickly. This argument is limited because, as Gardner (1976) has found in his work as a therapist, many lower socioeconomic status black people also prefer a white therapist. The strength of the Wolkon et al (1973) study is that it points out how socioeconomic status and race influence one's willingness to self-disclose. To this writer's knowledge there are no other studies which focus on self-disclosure and socioeconomic status that address this issue in a more direct manner. The major limitation of the Wolkon et al (1973) study is that it used an all-female sample and then

attempted to generalize to the black population in general. A great deal of research needs to be done in this area.

#### TARGET OF SELF-DISCLOSURE

Jourard (1958, 1971) found that the mother was the most preferred target of self-disclosure. He became interested in this phenomenon and decided to study it directly by investigating if there is a relationship between the liking of a parent and the amount of self-disclosure to that parent. This led him to develop a special 40-item questionnaire which a subject responded to in order to reveal his or her feelings about parental traits. These traits are, for example, parents' ability to control impulses, tolerance of others' shortcomings, sensitivity to others' feelings, and ability to make decisions. He called this questionnaire the Parent Cathexis Questionnaire.

Jourard used this questionnaire to test thirty-one nursing students at the University of Florida. He found that the total mother cathexis score for the group of students had a correlation of  $-.63$  with scores of self-disclosure to mother as a target person. He also found that the total father cathexis scores for the students correlated a  $-.53$  with scores for self-disclosure to father. The Parent Cathexis Questionnaire is scored in the opposite direction from the other test, in that a low score represents a positive cathexis. This is why the  $r$  values are



reported as negative. Both coefficients were statistically significant. These correlations between parent cathexis and self-disclosure to the parent indicate that the more the parents were liked, the more disclosures were made to them.

### SUMMARY

Jourard obtained evidence for the reliability of the forty-item self-disclosure questionnaire from a study of American and Puerto Rican students. This study determined that there wasn't a significant nationality by subject matter interaction difference for each of the forty items of the questionnaire. The questionnaire was translated into Spanish and given to fifty male and female Puerto Rican students. An English version was given to a matched group of American students.

Both groups resembled one another on the topics of personal information they could readily disclose to the four target persons. (mother, father, male friend, female friend) The high correlation between American and Puerto Rican males signify their similarity in what they were willing to readily disclose to each target person. The resulting Pearson  $r$ 's between the American and Puerto Rican males were mother: .65; father: .69; male friend: .73; and female friend: .76.

The resulting Pearson  $r$ 's between the American and

Puerto Rican females were mother: .73; father: .81; male friend: .81; and female friend: .73. The women's scores follow a similar pattern as the men. These high correlations are demonstrations of the high reliability of the scale.

The strength of Jourard's work (1958, 1971) is that the self-disclosure tests enjoy construct, concurrent, and discriminant validity with regard to the variables being considered. In addition, he found that the four groups focused on here differed in total self-disclosure, in that white subjects disclosed more than black subjects and female subjects disclosed more than male subjects. He also found that the subjects varied in amount of self-disclosure to different persons. They disclosed most to mother and a lesser amount to father, male friend, and female friend, in that order.

The limitations of his and other investigations are that they did not simultaneously take into account sex, race, and socioeconomic status as correlates of self-disclosure. The hypothesis to be tested in this study is that sex, race, and socioeconomic status influences self-disclosure. These three factors will be investigated by having the participants rate their degree of self-



disclosure to each parent and to a male friend and female friend.

Predictions:

The predictions to be tested are as follows:

1. Female college students will disclose more about themselves than will male college students.
2. White college students will disclose more about themselves than will black college students.
3. Upper socioeconomic status students will disclose more about themselves than will lower socioeconomic status college students.

In addition to the above predictions, the interactions among the major variables (sex, race, socioeconomic status) will be determined, although no specific predictions about these interactions are being offered. While it is possible to make more predictive statements about interactions between main variables based on findings of past studies, I would rather explore these predictions in some aposteriori follow-up tests. This method is appropriate because the past studies by Jourard (1958, 1971) which made specific predictions were based on small samples, and these studies were also conducted many years ago. Also, the current information on the amount of

disclosure to specific targets is not extensive enough for making predictions about the targets of disclosure. The present investigation will therefore just document what is happening with out making specific predictions about the amount of disclosure to specific targets.

The Parent Cathexis Questionnaire will also be used in this investigation. This questionnaire tests a subjects feelings about forty parental traits, thereby measuring the respondent's degree of attraction to each parent separately.

## METHOD

### Subjects

The subjects consisted of eighty college students: twenty white males, twenty white females, twenty black males, and twenty black females. All subjects were enrolled at two Rhode Island Colleges and were tested in a group by an examiner of the same sex and race. Subjects were selected from student organizations and classrooms of the two colleges.. One of the colleges from which the middle-class subjects were recruited is a private school that attracts many wealthy students. The other college is a state school and the students are generally not from the same socioeconomic status group as the other college. Ten of the subjects of each group were members of the upper socioeconomic status level and ten were from the lower socioeconomic status level. All subjects were unmarried and in all cases both parents were living together. All subjects were also given an informed consent form. (Appendix 3)

The mean age for white males was 21.45; the range was 7.0, and the median age was 21.50. The mean age for white females was 20.15; the range was 3.0, and the median age was 20.50. The mean age for black males was 20.95; the range was 5.0, and the median age was 21.50. The mean age for black females was 18.50, the range was 3.0, and the median age was 20.50.

Subjects were divided into upper and lower socioeconomic status groups according to their overall family income. The mean income for upper socioeconomic status white males was \$71,900; the range was \$11,000, and the median income was \$60,500. The mean income for upper socioeconomic status white females was \$72,500, the range was \$12,000, and the median income was \$58,500.

The mean income for upper socioeconomic status black males was \$63,600; the range was \$10,000, and the median income was \$54,000. The mean income for upper socioeconomic status black females was \$63,100; the range was \$9,000, and the median income was \$49,000.

The mean income for lower socioeconomic status white males was \$42,400; the range was \$11,000, and the median income was \$41,000. The mean income for lower socioeconomic status white females was \$43,400, the range was \$9,000, and the median income was \$39,000.

The mean income for lower socioeconomic status black males was \$21,600; the range was \$10,000, and the median income was \$17,000. The mean income for lower socioeconomic status black females was \$19,400; the range was \$10,000, and the median income was \$18,000. Each of the subjects tested fell into either a high or low socioeconomic status, with no income overlap between the groups.

## Instruments and Procedure

### Self-Disclosure Questionnaire

All subjects were tested for their degree of self-disclosure to mother, father, female friend and male friend. In addition, attitudes toward these four persons were measured by a separate questionnaire.

Self-disclosure was measured by using the self-disclosure questionnaire developed by Jourard (1971). (See Appendix 1 for complete questionnaire.) This questionnaire consists of forty self-revealing questions which subjects respond to in order to discover how much they disclose their "real self" to certain other persons. Jourard entitled this questionnaire "Who Knows You," or who you most disclose to is measured by asking subjects to respond to forty questions of a personal nature including some very intimate questions. A participant responds to each question by circling a rating of 0, 1, 2 or X for each of the forty items.

A score of 0 means low self-disclosure and a score of 2 indicates a high degree of self-disclosure. A score of X refers to those items that the respondent would not confide to the person even if that person asked him to reveal the information. An example of some of the topics are "What you regard as your chief handicaps to

doing a better job in your work or studies," "the feelings you have the most trouble controlling, e.g., worry, depression, anger, jealousy, etc.,"

"Things about the future you worry about at present,"

"What particularly annoys you most about your closest friend of the opposite sex," and "The possessions you are proudest of, e.g. your car or musical instrument or stereo system, etc."

#### Self-Disclosure Questionnaire: Instructions

Immediately upon entering the experimental room, each subject was seated and given the self-disclosure questionnaire (Jourard, 1971). The following instructions were administered orally:

The answer sheet which you have been given has columns with the headings "Mother," "Father," "Male Friend," and "Female Friend." You are to read each item on the questionnaire and then indicate on the answer sheet the degree to which you have let each of several people in your life know this information about you. Use the rating scale that you see on the answer sheet to describe the extent to which each of the other persons now knows the pertinent facts about you. In other words, how complete up-to-date and accurate is

their picture of you as you are now? On this scale the lowest rating of zero means that the other person doesn't know you in this respect right now because you have not told him or let him know in any other way. The rating of one means that the other person has a general idea of how you are now, of what is true in this respect, but his idea of you is not complete or up-to-date. A rating of two means that the other person fully knows you as you are now in this respect. A score of two means that you have talked about this topic to him fully in the recent past and things have not changed. The score of two means that you have kept the other person fully informed about this aspect of yourself. Finally, the rating score of "X" means that these are items which you would not confide to the person even if that person asked you to reveal the information. Write an "X" instead of an "0" for these items.

Following this, the group of subjects were asked if they had any questions about how to fill out the questionnaire. The instructions were repeated and clarified for those who failed to indicate a clear understanding.



### Parent Cathexis Questionnaire

Subjects were also given the Parents Cathexis Questionnaire developed by Jourard (1960). (Appendix 2)

This questionnaire consists of forty questions which the subjects used to reveal their feelings toward their parents. Subjects rated their feelings about forty parental traits, for example, their parents strength of will power, present degree of happiness, degree of popularity, and degree of self-understanding.

### Parent Cathexis Questionnaire: Instructions

Next, the experimenter administered the Parent Cathexis Questionnaire to each subject. The instructions for the mother questionnaire were worded in the following manner:

Below are listed a number of things characteristic of your mother. Consider each item and encircle the number after each item which best represents your feelings of your parents according to the scale listed below. You will be instructed to complete two separate questionnaires, one for your father and one for your mother.

The answer sheet which you have been given has a column with the heading "Mother:" You are to read each item on the questionnaire and then indicate on the answer sheet the rating which best represents



your feelings toward that trait of your parent according to the following scale.

The numerical rating of one means that you have strong, positive feelings for that aspect of the parent. For example, if you feel happy about your mother's intelligence level, encircle the one after that item. The rating score of two means that you have moderate positive feelings for those aspects of that parent.

The rating score of three means that for that aspect of the parent you have no feeling at all. For example, if you have no feeling at all about your mother's artistic talents or lack of them, encircle the three after that item. The rating score of four means that you have moderate negative feelings for those aspects of your parent, but not as strong as that in category five.

And finally, the rating score of five means that you have strong negative feelings for those aspects of your parent. For example, if you think your mother is unable to accept criticism and this disturbs you when you think about it or if you feel unhappy about this trait in your mother, encircle the five after that item.

Following this, the group of subjects were asked if they had any questions about how to fill out the questionnaire. The instructions were repeated and clarified for those who failed to indicate a clear understanding. The same questionnaire was used to measure attitude toward father with, of course, the word father substituted for the word mother.

#### Revised Occupational Scale for Measuring Socioeconomic Status

Martin Hamburger's Revised Occupational Scale for Rating Socioeconomic Status was used in calculating socioeconomic status of the participants in this study. This scale is a revision of the Warner Scale (1949).

The three major determinants of socioeconomic status, according to Hamburger, are income level, education and exact occupational title. The occupational groups are for the most part based on the dictionary of occupational titles, and professional and semi-professional occupations are generally divided by the line of college education. Occupations are rated on a 1 to 7 scale with a rating of one being the highest and 7 the lowest. Although the Hamberger scale uses all three items in determining socioeconomic status, I used total family income to determine socioeconomic status in this study.

### Analysis of Data

The results of the self-disclosure questionnaire were analyzed according to an Analysis of Variance Test with mixed "between-within" effects. This consisted of a  $2 \times 2 \times 2$  analysis of variance of total self-disclosure, 2 (male, female)  $\times$  2 (black, white)  $\times$  2 (upper socioeconomic status, lower socioeconomic status). In addition, a  $2 \times 2 \times 2 \times 4$  analysis of variance for self-disclosure to each of the four different target persons was carried out, 2 (male, female)  $\times$  2 (black, white)  $\times$  2 (upper socioeconomic status, lower socioeconomic status)  $\times$  4 (mother, father, best male friend, best female friend). A simple effects follow-up test was done to break down the interaction effects for the F ratios.

A BMDP program was used to calculate the Analysis of Variance. This program is a part of the statistical software that was developed by W. J. Dixon.

## RESULTS

### Difference in Socioeconomic Status

The two socioeconomic status groups were defined by income. Both groups met the following kinds of criteria. The upper socioeconomic status subjects' family income ranged from a low of \$32,000 to a high of \$150,000, with a mean of \$71,900 and a standard deviation of \$36,960. The lower socioeconomic status subjects' family income ranged from a low of \$7,000 to a high of \$30,000, with a mean of \$19,400 and a standard deviation of \$10,458. All incomes showed nice clean differences and there were no overlaps between the two socioeconomic status groups.

### Self-Disclosure Questionnaire

The Self-Disclosure Questionnaire was scored by summing the responses to the forty items for each target person. A rating of zero on an item means that the other person does not know the subject in this respect right now. The rating of one means that some disclosure has taken place, and two means that the subject disclosed a great deal to the target person. An X was scored as zero. Since the questionnaire included forty items and

there are four target persons, a total of 160 entries were made by each subjects. The range of a subjects possible score goes from zero to 320. A score of zero indicates low self-disclosure while a score of 320 indicates high total self-disclosure.

### Parent Cathexis Questionnaire

The Parent Cathexis Questionnaire was scored by taking the sum of the forty items for each parent. The sum of the numerical entries constitutes the cathexis score to each parent. Two scores were obtained, one for each parent. A rating of one on this scale means that the subject has strong positive feelings for that aspect of the parent. A rating of two means that the subject had moderate positive feelings for that aspect of the parent. Three means that the subject had no feeling one way or another for that aspect of the parent. A rating of four means that the subject had negative feelings for that aspect of his or her parent but not as strong as those in category five. Finally, the rating score of five means that the subject had strong negative feelings for those aspects of his or her parent. The sum of these entries for all traits represent the parent cathexis score. Since the questionnaire included forty items, forty entries were made by each subject for each parent. The lowest possible score of forty indicates positive

cathexis to that parent.

With regard to self-disclosure, the eighty subjects were divided into four different cells according to sex, race, and socioeconomic status. The means and standard deviations for total self-disclosure of subjects are shown in tables 1 through 4.

Table 1

Total Self-Disclosure Scores of White and Black,  
Upper and Lower Socioeconomic Status Subjects  
to Combined Target Persons

Subjects	Upper S.E.S.	Lower S.E.S.
<u>WHITE</u>		
Males (N=20)		
mean	39.92	42.48
std. dev.	11.69	11.93
Females (N=20)		
mean	51.58	49.92
std. dev.	14.83	15.21
<u>BLACK</u>		
Males (N=20)		
mean	45.28	43.00
std. dev.	9.62	12.94
Females (N=20)		
mean	44.15	41.98
std. dev.	14.37	12.13

Table 2

Mean Self-Disclosure Scores of White and Black,  
Upper and Lower Socioeconomic Status Subjects  
to Mother as Target Person

Subjects	Upper S.E.S.	Lower S.E.S.
<u>WHITE</u>		
Males (N=20)		
mean	39.40	43.20
std. dev.	10.54	11.04
Females (N=20)		
mean	51.40	50.40
std. dev.	11.39	15.05
<u>BLACK</u>		
Males (N=20)		
mean	45.70	43.30
std. dev.	8.06	11.90
Females (N=20)		
mean	46.50	50.40
std. dev.	12.95	9.48

Table 3

Mean Self-Disclosure Scores of White and Black,  
Upper and Lower Socioeconomic Status Subjects  
to Father as Target Person

Subjects	Upper S.E.S.	Lower S.E.S.
<u>WHITE</u>		
Males (N=20)		
mean	38.90	35.00
std. dev.	12.31	8.99
Females (N=20)		
mean	43.60	33.30
std. dev.	12.55	19.28
<u>BLACK</u>		
Males (N=20)		
mean	37.70	34.60
std. dev.	9.60	15.12
Females (N=20)		
mean	35.90	31.50
std. dev.	15.28	14.74



Table 4

Mean Self-Disclosure Scores of White and Black,  
Upper and Lower Socioeconomic Status Subjects  
to Male Friend as a Target Person

Subjects	Upper S.E.S.	Lower S.E.S.
<u>WHITE</u>		
Males (N=20)		
mean	42.30	48.60
std. dev.	10.77	11.06
Females (N=20)		
mean	54.40	52.00
std. dev.	21.34	15.65
<u>BLACK</u>		
Males (N=20)		
mean	49.20	41.00
std. dev.	8.89	14.42
Females (N=20)		
mean	49.40	36.90
std. dev.	16.83	13.87

Table 5

Mean Self-Disclosure Scores of White and Black,  
Upper and Lower Socioeconomic Status Subjects  
to Female Friend as a Target Person

Subjects	Upper S.E.S.	Lower S.E.S.
<u>WHITE</u>		
Males (N=20)		
mean	39.10	43.10
std. dev.	12.58	16.64
Females (N=20)		
mean	56.90	64.00
std. dev.	14.03	10.91
<u>BLACK</u>		
Males (N=20)		
mean	48.50	53.10
std. dev.	11.90	10.29
Females (N=20)		
mean	44.80	49.10
std. dev.	12.42	10.43

The predictions relative to self-disclosure were as follows: 1. Female college students will disclose more about themselves than will male college students; 2. White college students will disclose more about themselves than will black college students; and 3. High socioeconomic status students will disclose more about themselves than low socioeconomic status students.

The data were first analyzed in a 2 x 2 x 2 analysis of variance (male, female; black, white; low socioeconomic status, high socioeconomic status) to measure the expected differences in rates of self-disclosure. Table 6 summarizes the results of the analysis. There was a significant difference in the reported rates of total self-disclosure by sex ( $F = 4.93$ ,  $df = (1,72)$   $p .05$ , ( $M_{\text{males}} 42.67$ ), ( $M_{\text{females}} 46.91$ ) with females disclosing more than males, but no difference by race ( $F = 1.55$ ,  $df = (1,72)$  ns, or socioeconomic status ( $F = 0.22$ ,  $df (1,72)$ , ns). Therefore, only the first prediction is supported. (See figure 1).

Several F max tests were performed to test the ~~assumption of the within~~ assumption of the within groups homogeneity of variance. The critical values for the F max tests for tables one through six is 13.9. The observed values are 2.49, 3.49, 2.88, 5.76, and 2.61 respectively. There were no violations of the assumption of the homogeneity of variance.

Table 6

Analysis of Variance of Self-Disclosure Scores  
of Black and White, Male and Female,  
and Upper and Lower Socioeconomic Status Students

Source	Mean Square	df	F
Sex	1436.51	1	4.93*
Race	451.25	1	1.55
S.S.S. (OCC)	63.01	1	0.22
Sex x Race	2257.81	1	7.75**
Sex x S.E.S.	84.05	1	0.29
Race x S.E.S.	143.11	1	0.49
Sex x Race x S.E.S.	92.45	1	0.32
ERROR	20963.35	72	--
Target	2751.16	3	20.52***
Target x Sex	285.15	3	2.13
Target x Race	106.10	3	0.79
Target x S.E.S.	467.17	3	3.48*
Target x Sex x Race	308.49	3	2.84*
Target x Sex x S.E.S.	71.31	3	0.53
Target x Race x S.E.S.	225.87	3	1.68
Target x Race x Sex x S.E.S.	44.24	3	0.33
ERROR	134.15	216	--

\*  $p < .05$ , \*\*  $p < .01$ , \*\*\*  $p < .001$

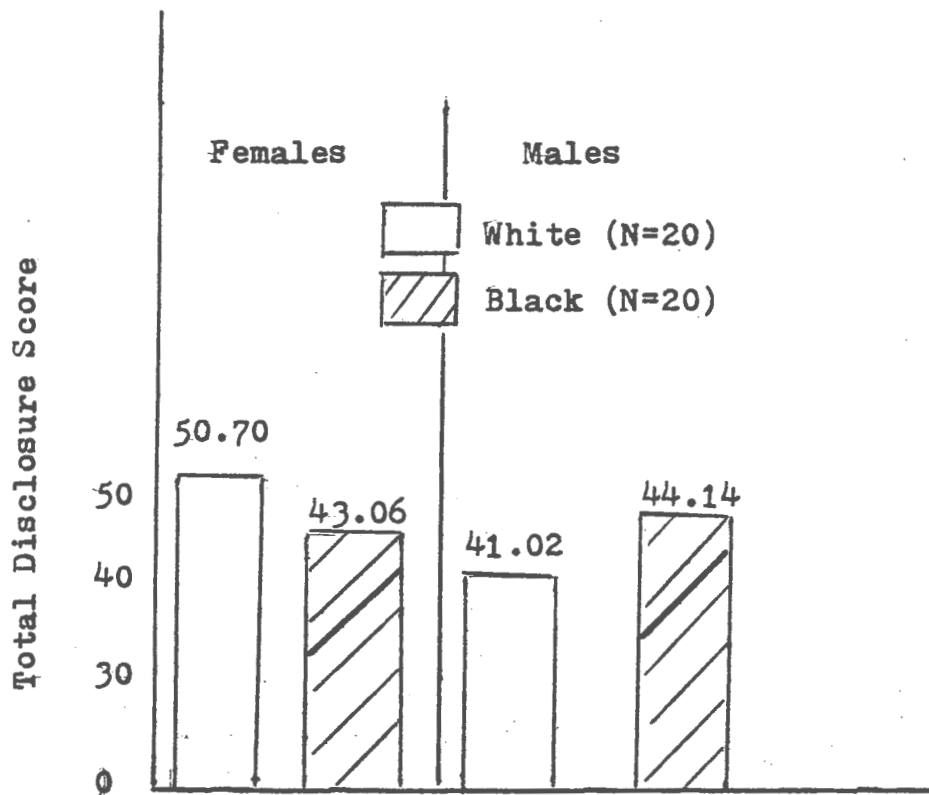


Figure 1.

Total self-disclosure scores to four target persons by students, classified by sex and race.

From the analysis of variance, a significant sex x race interaction was found. ( $F = 7.75$  ( $df = 1,72$ ),  $p < .01$ ). A simple effects test found that white females disclosed more than black females ( $M_{wf} = 50.75$ ) ( $M_{bf} = 41.20$ ), but black and white males do not differ in their total self-disclosure. (See Figure 1.)

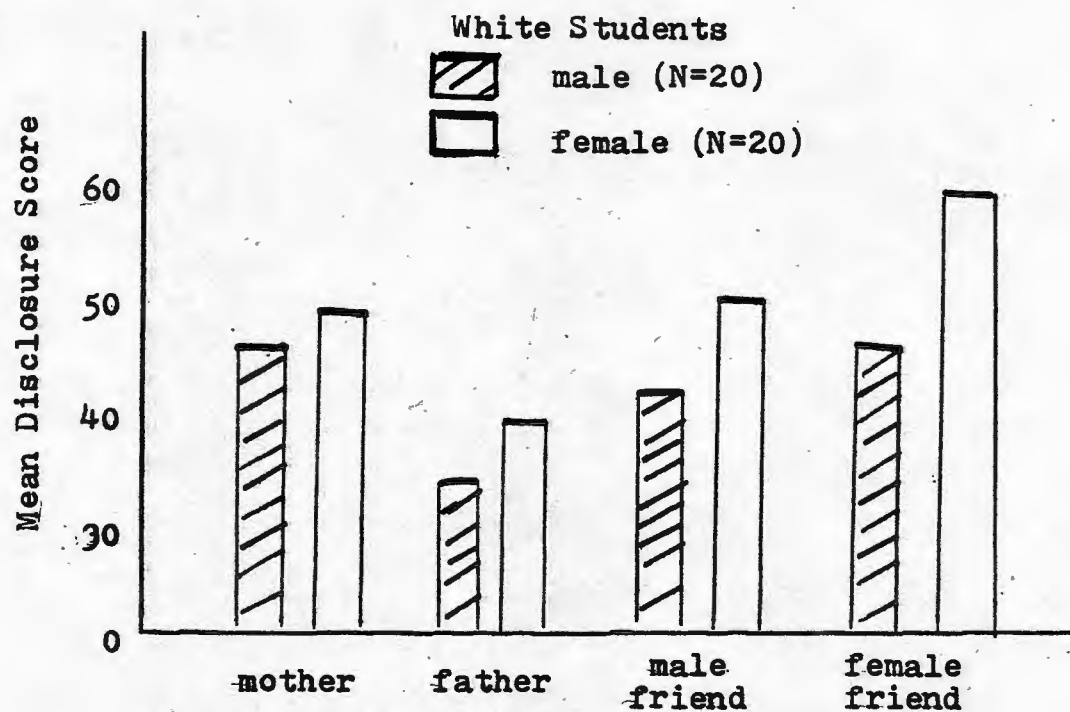


Figure 2.

Mean self-disclosure scores to four target persons by students classified by sex and race.

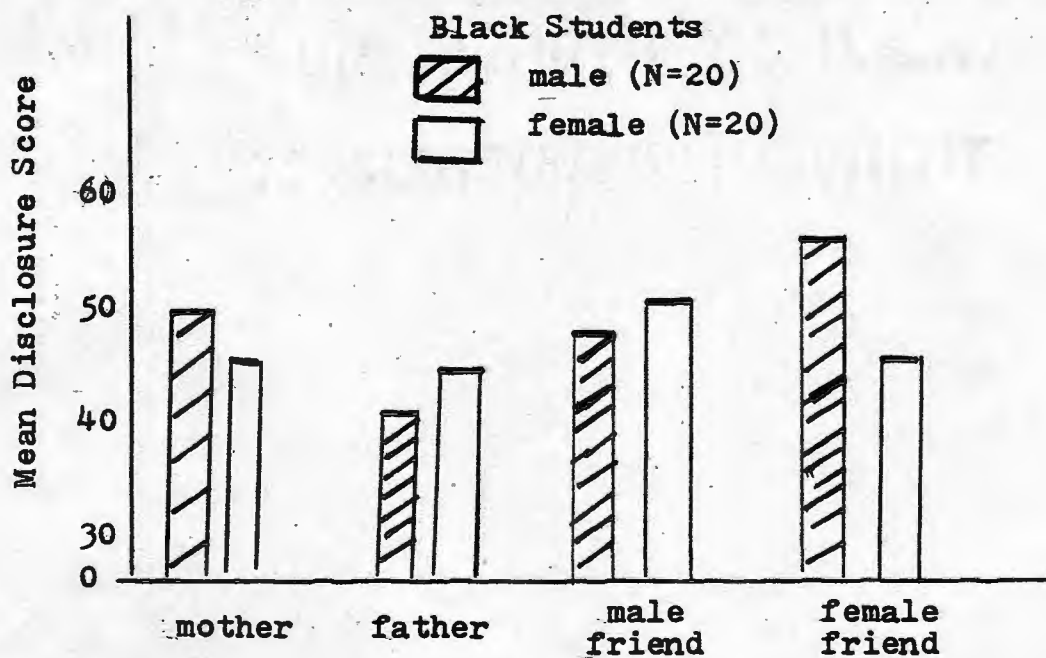


Figure 3.

Mean self-disclosure scores to four target persons by students classified by sex and race.

The mean disclosure for the combined group of white male and female students ( $M_w = 46.91$ ) is greater than the mean disclosure for the combined group of black male and female students ( $M_b = 42.67$ ), but not significantly so.

Socioeconomic status differences in disclosure to four target persons are shown in figure 4. The differences between upper and lower socioeconomic status was not significant; however, both upper and lower socioeconomic status subjects disclosed least to father.

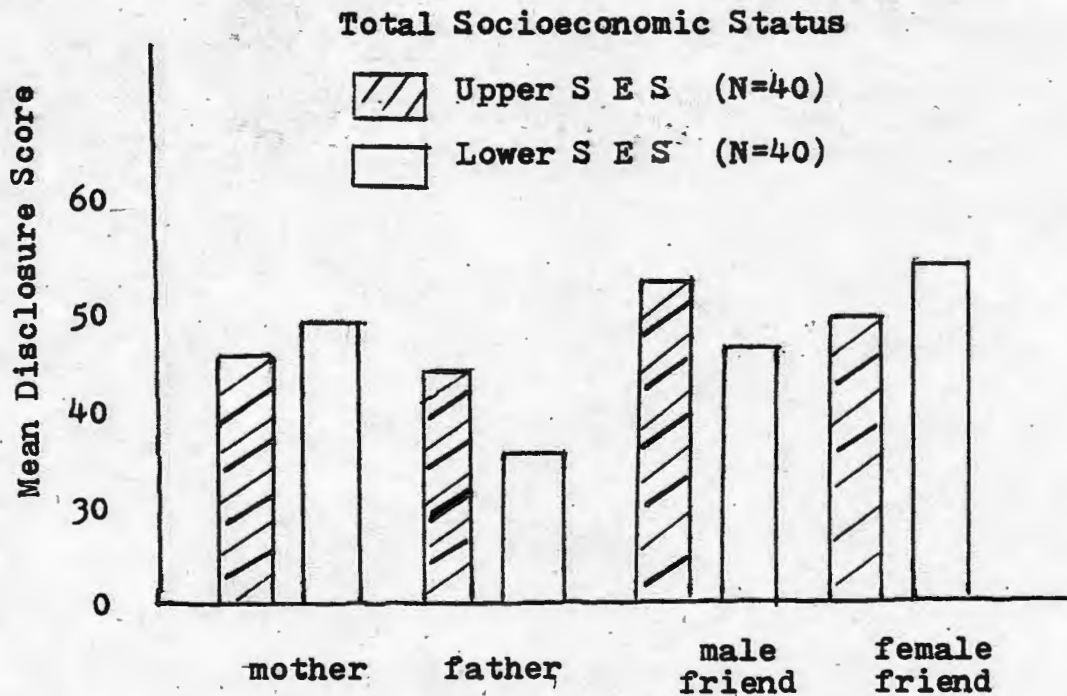


Figure 4.

Mean self-disclosure scores of students,  
classified by socioeconomic status



The Analysis of Variance which included targets of self-disclosure will now be looked at. This involved a  $2 \times 2 \times 2 \times 4$  analysis of variance (sex x race x socioeconomic status x targets) to measure the difference in rates of self-disclosure to different target persons. (Refer to table 6.) A significant difference in self-disclosure to different target persons was found ( $F = 20.52$ ,  $df = (3,216)$   $p < .001$ ). Thus a simple effects test found a significant difference in self-disclosure rates of white and black subjects for self-disclosure to certain target persons. An examination of the means reveal that white females disclosed more to mother, female friend, and male friend than did black females. However, no significant differences were found for self-disclosure rates of black and white male subjects to different targets. Target differences are shown in Figure 5.

From the  $2 \times 2 \times 2 \times 4$  analysis of variance, a significant target by socioeconomic status interaction was found ( $F = 3.48$  ( $df = (3,216)$ ),  $p < .05$ ). A simple effects test found no significant difference in self-disclosure rate of upper and lower socioeconomic status subjects for self-disclosure to all target persons

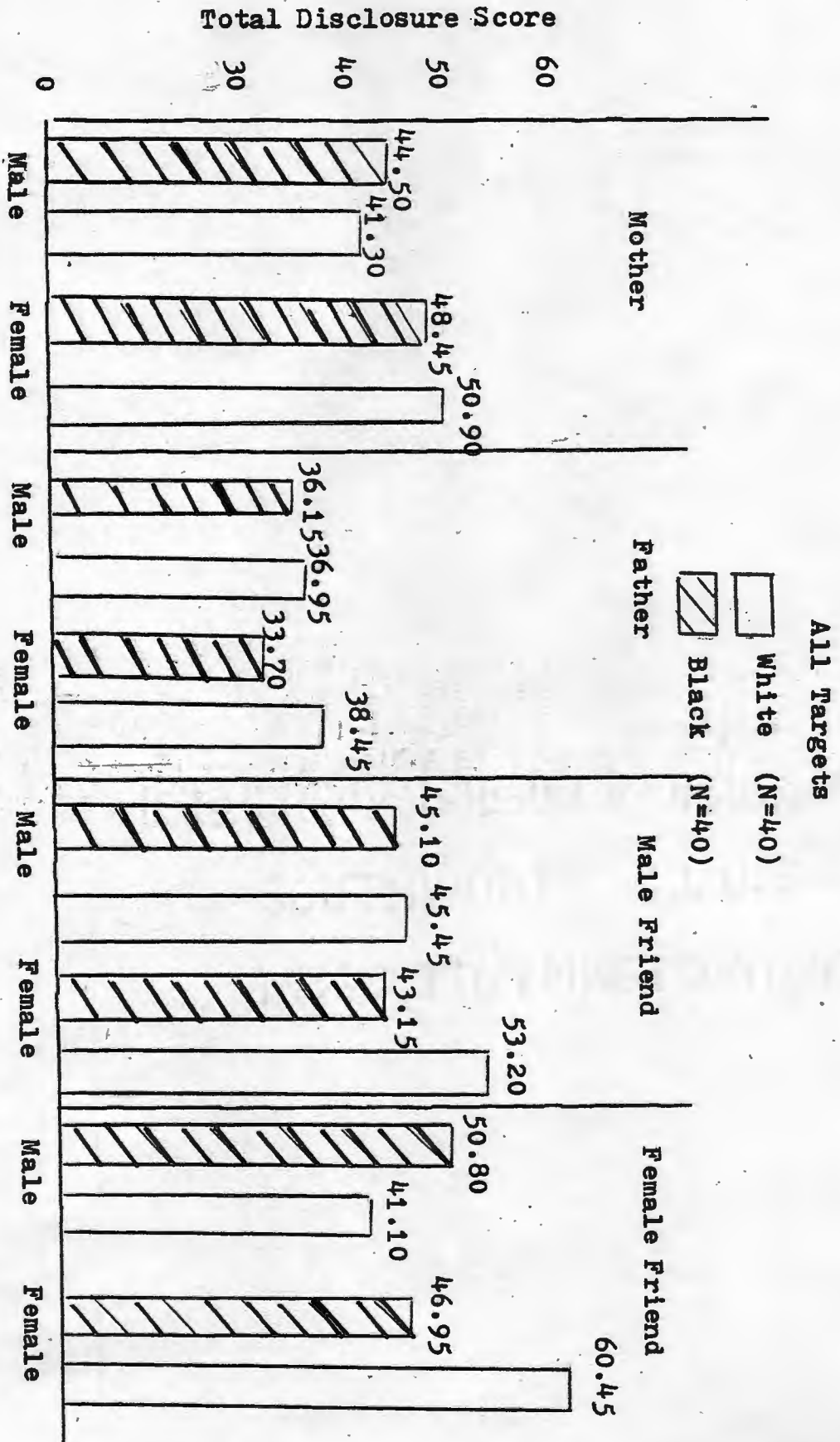


Figure 5.

Total self-disclosure scores to four target persons by students, classified by sex and race.

combined. Examination of the means of the upper socioeconomic status subjects by a Tukey procedure revealed that there were significant differences in subjects self-disclosure to father compared to the other target persons. The mean self-disclosure score to female friend is significantly higher than to all the other target persons. Target by socioeconomic status differences are shown in figure 4.

A significant sex x race x target interaction was found in the  $2 \times 2 \times 2 \times 4$  analysis of variance. ( $F = 2.84$ , ( $df = 3, 216$ ),  $p < .05$ ). A simple effects test found that self-disclosure rates varied for all target persons combined for all males compared to all females. Differences were found in self-disclosure rates of white male and female subjects for certain targets. White females disclosed at a significantly higher rate to a female friend target and a male friend target than white males. No significant differences were found in self-disclosure to mother or father target persons for the combined white subjects. (See Figure 2.)

The sex x race x target interaction also revealed a significant difference in disclosure rates of the black male and female subjects for certain targets.

( $F = 5.43$ , ( $df = (1,250)$   $p < .05$ ). Black males disclosed more to a female friend target than did black females. No other significant differences were found in self-disclosure. (See Figure 3.)

The Tukey follow-up test was selected because it is relatively robust with respect to an analysis of variance design. The Scheffe follow-up test was not used because it is too conservative for my purpose. The Neuman Keuls follow up test was not used because although it is a liberal test, it is not robust with respect to the analysis of variance design.

In summary, there was a significant effect for sex and for targets. For sex, the overall group of females disclosed more than the overall group of males. For targets, white females disclosed more to a male friend, a female friend, and mother target person than did black females. Black and white males did not differ in their self-disclosure to any of the targets.

The significant interaction between sex x race x target also showed that white females disclosed more to a female friend and a male friend than did white males. Black males disclosed at a greater rate than black females to a female friend. The remaining interactions were not significant.

The practical significance for the sex main effect was omega squared = 0.17, which accounts for .02 percent of the total variance. The practical significance for the sex x race effect was .029, which accounts for .02 percent of the total variance. The practical significance for the target effect was omega squared = .116 which accounts for twelve percent of the total variance. The practical significance for the target x socioeconomic status effect was .014 which accounts for one percent of the total variance, and the practical significance for the target x sex x race effect was .011, which accounts for approximately one percent of the total variance. Although these practical significances are low, they are representative of the omega squared values for personality measures.

To determine whether a relationship exists between self-disclosure to a parent and the attractiveness of the parent as measured by the Parent Cathexis Questionnaire, the correlation between the overall self-disclosure score to each parent and the score on the parent cathexis questionnaire for each parent was computed. The overall score for self-disclosure to father correlated significantly with the father cathexis scale,  $r = -.46$ ,  $p < .001$ . The overall score for self-disclosure to mother did not correlate significantly with the mother cathexis scale  $r = -.15$ , ns.

### DISCUSSION

As in earlier studies (Jourard, 1957, 1971) a significant sex difference was found in this investigation. The combined group of female subjects self-disclosed more than male subjects. This finding is also consistent with other findings on sex differences and self-disclosure (Casciani, 1973; Dimond, 1979).

The main effect for race was not significant; however a sex x race interaction indicated a significant difference in disclosure rates of the combined group of black females when compared to the combined group of white females. A simple effects test found that white females disclosed more than black females. This finding supports the prediction that whites will disclose more than blacks (Jourard, 1957, 1971).

The main effect for socioeconomic status was not significant, however a target x socioeconomic status interaction was. Lower socioeconomic status subjects disclosed more to a female friend than did upper socioeconomic status subjects. For upper socioeconomic status subjects, the father target person was also disclosed to at a significantly lower rate than to the other targets. This lower disclosure rate was true for all subjects in both the upper and lower socioeconomic status groups.



The current results are consistent with Jourard's earlier finding that college students disclosed more to their peers than to their parents, and they disclosed least of all to their father (Jourard, 1971). For males, father was the least disclosed to; and the remaining three targets were disclosed to in a rank order that has previously been found for college students, specifically in descending order: female friend, mother, male friend, and father. These rankings are very similar to Jourard's earlier rankings and they are interesting because they show that students of this age range prefer to disclose more outside the family than within.

The main effect for target was also significant. For all subjects combined, female friend was the most disclosed to target person, followed by mother, male friend, and father. This might be explained by the fact that both male and female college students can find a supportive listener in a female friend. The fact that the father was the least disclosed to may be explained by our socialization processes which generally make fathers less available for disclosing to because of work, as well as other factors related to traditional male roles. Jourard (1971) argues that, whereas women have been and are trained toward nurturing behaviors, men are trained to relate to other people on what he calls



an I-it basis. Hence men are more adept than women at relating impersonally to others, seeing them as the embodiment of their roles rather than as persons enacting roles. As a result, some men are so adept at being inaccessible that it is often difficult for others to know the state of a man's self, and his needs will thereby go unmet. Jourard argues that for some men even their wives won't know when they are anxious or lonely. These factors may help account for the lower self-disclosure of men.

A target x sex x race interaction was significant. White females disclosed more to male friend and female friend than did white males. Black males also disclosed more to a female friend than did black females.

The significant correlation between self-disclosure to father and father cathexis was surprising; and it suggests that if father is liked, he is disclosed to more. The nonsignificant findings for mother suggests that mother is disclosed to at a high rate whether or not she is liked. Jourard (1971) and Dimond (1950) argue that women and mothers in particular are most typically socialized toward the assumption of nurturing roles within the traditional social system. They feel that this may be why mothers are more empathetic than

fathers.

This exploratory study is one of the first, to the author's knowledge, to simultaneously test for self-disclosure across sex, race, and socioeconomic status. The significant findings of sex, by race, by socioeconomic status by target differences are interesting in that the data contribute to our understanding of self-disclosure rates among these different groups.

#### Post Hoc Analysis

To further explore the lack of a significant main effect for socioeconomic status, several follow-up tests were done. First an F test was performed on the two races' (black and white) socioeconomic status to determine if a significant income difference existed. For the upper socioeconomic status groups, there are no race differences in income ( $F = 1.84$  ( $df = 1, 38$ ), ns, but for the lower socioeconomic status groups there is a substantial difference ( $F = 23.64$  ( $df = 1, 38$ ),  $p < .001$ ), with whites showing a larger income than blacks. The mean income for both groups are listed in table 7.

Table 7

Mean Income of Black and White  
Upper and Lower Income Subjects  
(in thousands of dollars)

Subjects	Upper	Lower
<u>WHITE</u>		
mean (N=40)	74.20	41.40
std. dev.	26.78	16.31
<u>BLACK</u>		
mean (N=40)	63.40	20.85
std. dev.	23.48	9.54

Table 8

Analysis of Variance of Incomes of Black and White  
Upper and Lower Socioeconomic Status Students

Source	Sum of Squares	df	Mean Square	F
Race	4223.03	1	4223.03	23.64**
Error	6787.35	38	178.61	

\*\*  $p < .01$

The significant income differences in the lower socioeconomic groups complicate the findings on socioeconomic status. The relatively high mean income of "lower" socioeconomic status blacks, as well as the significant difference in income of black and white lower socioeconomic status groups does not allow for a comparison of these groups based on socioeconomic status. Even though their occupational titles were rated as semi-skilled or laborers and the average educational level of lower socioeconomic status blacks was a high school diploma, their mean income of \$20,850 can not be considered lower socioeconomic status. Hence the terms upper and lower income groups were adopted, and several follow-up tests were performed on these two groups of black subjects. The mean self-disclosure scores to each target person of the two income groups are listed in table 9.

Several analyses of variance of self-disclosure scores were performed on these groups. From the two way analysis of variance (income x targets) a significant target effect ( $F = 12.57$  ( $df = 3, 114$ ),  $p < .01$ ), and a significant target x income interaction was found ( $F = 3.43$  ( $df = 3, 114$ ),  $p < .05$ ). (See table 9.)

Examination of the means of both income groups by a Tukey follow-up test revealed that there were significant differences in subjects' disclosure to father as compared to the other target persons. (See Table 10)

Table 9

Mean Self-disclosure Scores of Black,  
Upper and Lower Income Subjects To Each Target Person

Target Person	Upper	Lower
<u>MOTHER</u>		
mean (N=40)	46.10	46.85
std. dev.	10.50	11.08
<u>FATHER</u>		
mean (N=40)	36.80	33.05
std. dev.	12.45	14.62
<u>MALE FRIEND</u>		
mean (N=40)	49.30	38.95
std. dev.	13.10	13.93
<u>FEMALE FRIEND</u>		
mean (N=40)	46.65	51.10
std. dev.	11.99	10.29

Table 10

Analysis of Variance of Self-Disclosure Scores  
of Black Upper and Lower Income Students

Source	Sum of Squares	df	Mean Square	F
Income	198.02	1	198.02	0.78
Error	9642.87	38	253.75	--
Target	4464.90	3	1488.30	12.57**
Target x Income	1217.47	3	405.82	3.43*
Error	13493.12	114	118.36	--

\*  $p < .05$ , \*\*  $p < .01$

Table 11

Tests on Differences Between Pairs of Means  
of Self-Disclosure Scores of Black,  
Upper and Lower Income Subjects to Each Target Person

Target Person		Father	Male Friend	Mother	Female Friend
	Means	34.93	44.13	46.48	48.88
Father	34.93	--	9.2*	11.55*	13.95*
Male Friend	44.13		--	2.35	4.75
Mother	46.48			--	2.40
Female Friend	48.88				--
q (.95) (4,114) = 3.70		q $nMS_{res}$ = 6.36			

\* $p < .05$

Four one-way analyses of variance tests were performed for each target (upper and lower income subjects x mother, father, male friend, and female friend.) (refer to table 10.) A significant target difference was found ( $F = 5.86$  ( $df = 1, -38$ ),  $p < .05$ ) in that upper income black subjects disclosed to a male friend target more than did lower income black subjects. However, upper and lower income blacks do not differ in their disclosure to the other three target persons, mother, father, or female friend. (See table 12.)

Table 12

Analysis of Variance of Self-Disclosure Scores of  
Black Upper and Lower Income Students  
to Male Friend as Target Person

Source	Sum of Squares	df	Mean Square	F
Income	198.03	1	1071.22	5.86*



If decisions and counsel are grounded in lack of self-disclosure from black female students, to a counselor, then the decisions may not be very helpful.

Another implication that can be drawn from this study, is that more systematic study needs to be done of the effects that race and socioeconomic status has on a subjects rate of self-disclosure. Future investigations might also explore why father is the least disclosed to of all targets for both high and low income groups. The field of self-disclosure is also open for an investigation of the relationship between the self-disclosure of different groups and their success in college. Perhaps the low disclosure rate of some black students may be an important factor that accounts for a high college attrition rate.

## REFERENCES

- Banks, G., Berenson, B.G., and Carkhuff, R.R. The effects of counselor race and training upon counseling process with Negro clients in initial interview, Journal of Clinical Psychology, 1967, 23, 70-72.
- Burrell, L., and Rayder, N.F. Black and white students' attitudes toward white counselors, Journal of Negro Education, 1971, 40, 48-51.
- Carkhuff, R. R., and Pierce, R. M. The differential effects of therapist's race and class upon patient depth of self-exploration in initial clinical interview. Journal of Consulting Psychology, 1967, 31, 632-634.
- Casciani, J. M. Influence of modal's race and sex on interviewees' self-disclosure, Journal of Counseling Psychology, 1978, Vol. 25, No. 5, 435-440.
- Cozby, P. Self-Disclosure: A literature review. Psychological Bulletin, 1973, 79, 73-91.
- Dimond, R. E., and Hellhamp, D. T. Race, sex, ordinal position of birth, and self-disclosure in high school students, Psychological Reports, 1969, 25, 235-238.
- Dixon, W. J. BMDP Statistical Software 1981, Berkeley, California: University of California Press, 1981.

- Hamburger, M., A Revised Occupational Scale For Rating Socioeconomic Status. New York: New York University, 1960.
- Horney, K. Neurosis and Human Growth, W. W. Norton and Co., 1950.
- Gardner, L., "Psychotherapy under varying conditions of race," in Psychology and the Black Experience, ed. Roderick Pugh. California: Wadsworth Publishing Co., 1972.
- Jourard, S. M. Disclosing Man to Himself, D. Van Nostrand Co., 1968.
- Jourard, S. M. The Transparent Self. New York: Van Nostrand Reinhold, 1968.
- Jourard, S. M. Self-Disclosure: An Experimental Analysis of the Transparent Self. New York: Wiley Interscience, 1971.
- Jourard, S. M., and Laskow, P. Some factors in self-disclosure, Journal of Abnormal and Social Psychology, 56, 1958, 91-98.
- Littlefield, R. P. Self-disclosure among some Negro, White and Mexican-American adolescents, Journal of Counseling Psychology, 1974, 21, 133-136.
- Vontress, C. F. Cultural barriers in the counseling relationship, Personnel and Guidance Journal, 1969, 48, 11-17.

Warner, W., Lloyd, M., Meeker, M., and Eells, W. Social class in America: a manual of procedure for the measurement of social status. Chicago: Science Research Associates, 1949.

Williams, B. M. Trust and Seld-disclosure among black college students, Journal of Counseling Psychology, 1974, Vol. 21 No. 6, 522-525.

Wolkon, G. H., Moriwaki, S., and Williams K. J. Race and social class as factors in the orientation towards psychotherapy, Journal of Counseling Psychology, 1973, 20, 312-316.

Appendix 1  
Self-Disclosure Questionnaire  
Instructions

Below there is a list of topics that pertain to you. You have also been given a special answer sheet. We want you to indicate on the answer sheet the degree to which you have let each of several people in your life know this information about you.

You have a reasonably good idea of how much about yourself you have let each of the people know about you in the past, and how current and up-to-date their knowledge about you is at the present.

Therefore, will you indicate on the answer sheet the extent to which each of the other persons now knows the pertinent facts about you. In other words, how complete, up-to-date and accurate is this picture of you as you are now? Use the following scale to indicate your answers:

- 0: The other person doesn't know me in this respect right now because I haven't told him or let him know in any other ways.
- 1: The other person has a general idea of how I am now, of what is true in this respect, but his idea of me is not complete or up-to-date.
- 2: The other person fully knows me as I now am in this respect because I have talked about this topic to him fully in the recent past, and things have not changed. I have kept him fully informed about this aspect of me.

## Appendix 1 continued

X: Write in an X instead of an 0 for those items which you would not confide to the person even if that person asked you to reveal the information.

The Forty-Item Self-Disclosure Questionnaire

1. What you dislike about your overall appearance.
2. The things about your appearance that you like most or are proudest of.
3. Your chief health concern, worry or problem at the present time.
4. Your favorite spare-time hobbies or interests.
5. Your food dislikes at the present.
6. Your religious activity at present, whether or not you go to church; which one; how often.
7. Your personal religious views.
8. Your favorite reading materials - kinds of magazines, books or papers you usually read.
9. What particularly annoys you most about your closest friend of the opposite sex.
10. Whether or not you have sex problems and the nature of these problems, if any.
11. An accurate knowledge of your sex life up to the present, e.g., the names of your sex partners in the past and present, if any; your ways of getting sexual gratification.
12. Things about your own personality that worry you or annoy you.
13. The chief pressures and strains in your daily work.
14. Things about the future that you worry about at present.
15. What you are most sensitive about.
16. What you feel the guiltiest about or most ashamed of in your past.
17. Your views about what is acceptable sex morality for people to follow.



18. The kinds of music you enjoy listening to the most.
19. The subjects you did not or do not like at school.
20. Whether or not you do anything special to maintain or improve your appearance, e.g., diet, exercise, etc.
21. The kind of behavior in others that most annoys you or makes you furious.
22. The characteristics of your father that you do not like.
23. Characteristics of your mother that you do not like.
24. Your most frequent daydream - what you daydream about most.
25. The feelings you have the most trouble controlling, e.g., worry, depression, anger, jealousy, etc.
26. The biggest disappointment that you have had in your life.
27. How you feel about your choice of life work.
28. What you regard as your chief handicaps to doing a better job in your work or studies.
29. Your views on the segregation of whites and blacks.
30. Your thoughts and feelings about other religious groups than your own.
31. Your strongest ambition at the present time.
32. Whether or not you have planned some major decision in the near future, e.g., a new job, break engagement, get married, divorce, buy something big.
33. Your favorite jokes - the kind of jokes you like to hear.
34. Whether or not you have savings; if so, the amount.

35. The possessions you are proudest of and take greatest care of, e.g., your car or musical instrument or furniture, etc.
36. How you usually sleep, e.g., well or poorly, or with the help of drugs.
37. Your favorite television programs.
38. Your favorite comics.
39. The groups or clubs or organizations you belong to, e.g., fraternity, lodge, bridge club, YMCA, professional organization, etc.
40. The beverages you do not like to drink, e.g., coffee, tea, coke, beer, liquor, etc., and your preferred beverages.

## Appendix 1

## Answer Sheet

Male or Female: \_\_\_\_\_

Mother's Occupation: \_\_\_\_\_

Birthdate: \_\_\_\_\_  
(Month/Year)

Mother's Education: \_\_\_\_\_

Race: \_\_\_\_\_

Mother's Income (Approx.): \_\_\_\_\_

Home Town: \_\_\_\_\_

Your Major Course: \_\_\_\_\_

Father's Occupation: \_\_\_\_\_

Your Year in College: \_\_\_\_\_

Father's Education: \_\_\_\_\_

Father's Income (Approx.): \_\_\_\_\_

	Mother	Father	Male Friend	Female Friend	Spouse		Mother	Father	Male Friend	Female Friend	Spouse
1.						21.					
2.						22.					
3.						23.					
4.						24.					
5.						25.					
6.						26.					
7.						27.					
8.						28.					
9.						29.					
10.						30.					
11.						31.					
12.						32.					
13.						33.					
14.						34.					
15.						35.					
16.						36.					
17.						37.					
18.						38.					
19.						39.					
20.						40.					

## Appendix 2

### Parent Cathexis Questionnaire

#### Instructions

Below are listed a number of things characteristic of your mother. Consider each item listed and encircle the number after each item which best represents your feelings toward that trait of your mother according to the following scale:

- 1: Have strong positive feelings.

Encircle a 1 for those aspects of your mother about which you feel proud or happy or which give you a pleasant feeling when you think about her. For example, if you feel happy about your mother's intelligence level, encircle the 1 after that item.

- 2: Have moderate positive feelings.

Encircle a 2 for those aspects of your mother about which you have some positive feeling but not as strong as in category 1.

- 3: Have no feeling one way or the other.

Encircle a 3 for those aspects of your mother about which you have no feeling at all. For example, if you have no feeling at all about your mother's artistic talents (or lack of them), encircle the 3 after that item.

- 4: Have moderate negative feelings.

Encircle a 4 for those aspects of your mother about which you have some negative feeling but

## Appendix 2 continued

not as strong as that in category 5.

5: Have strong negative feelings.

Encircle a 5 for those aspects of your mother which you dislike very much or which cause you to feel unhappy when you think about them. For example, if you think that your mother is intolerant and this disturbs you when you think about it or if you feel unhappy about this trait in your mother, encircle the 5 after that item.

## Appendix 2 continued

FATHER

- 1: Have strong positive feelings.
- 2: Have moderate positive feelings.
- 3: Have no feeling one way or the other.
- 4: Have moderate negative feeling.
- 5: Have strong negative feelings.

Sense of humor 1 2 3 4 5

Degree of independence 1 2 3 4 5

Temper 1 2 3 4 5

Ability to express self 1 2 3 4 5

Self-Understanding 1 2 3 4 5

Artistic talents 1 2 3 4 5

Tolerance of other's shortcomings 1 2 3 4 5

Moods 1 2 3 4 5

Extent of general knowledge 1 2 3 4 5

Imagination 1 2 3 4 5

Self-confidence 1 2 3 4 5

Degree of Popularity 1 2 3 4 5

Ability to accept criticism 1 2 3 4 5

Memory 1 2 3 4 5

Thriftness 1 2 3 4 5

Overall personality 1 2 3 4 5

Ability to concentrate 1 2 3 4 5

Procrastination 1 2 3 4 5

Degree of self-assertiveness 1 2 3 4 5

Ability to express sympathy 1 2 3 4 5

Sensitivity to other's feelings 1 2 3 4 5

## Appendix 2 continued

FATHER

- 1: Have strong positive feelings.
- 2: Have moderate positive feelings.
- 3: Have no feeling one way or the other.
- 4: Have moderate negative feeling.
- 5: Have strong negative feelings.

Ability to lead 1 2 3 4 5  
Ability to discipline self 1 2 3 4 5  
Intelligence level 1 2 3 4 5  
Athletic skills 1 2 3 4 5  
Present degree of happiness 1 2 3 4 5  
Creativeness 1 2 3 4 5  
Love life at present 1 2 3 4 5  
Sex appeal 1 2 3 4 5  
Skill with hands 1 2 3 4 5  
Gracefulness 1 2 3 4 5  
Amount that he worries 1 2 3 4 5  
Capacity for work 1 2 3 4 5  
Ability to control impulses 1 2 3 4 5  
Vocabulary 1 2 3 4 5  
Ability to discipline self 1 2 3 4 5  
Degree of suggestibility 1 2 3 4 5  
Present strength of will power 1 2 3 4 5  
Ability to make decisions 1 2 3 4 5  
Degree of self-consciousness 1 2 3 4 5



## Appendix 2 continued

MOTHER

- 1: Have strong positive feelings.
- 2: Have moderate positive feelings.
- 3: Have no feeling one way or the other.
- 4: Have moderate negative feelings.
- 5: Have strong negative feelings.

Sense of humor 1 2 3 4 5

Degree of independence 1 2 3 4 5

Temper 1 2 3 4 5

Ability to express self 1 2 3 4 5

Self-Understanding 1 2 3 4 5

Artistic talents 1 2 3 4 5

Tolerance of other's shortcomings 1 2 3 4 5

Moods 1 2 3 4 5

Extent of general knowledge 1 2 3 4 5

Imagination 1 2 3 4 5

Self-Confidence 1 2 3 4 5

Degree of Popularity 1 2 3 4 5

Ability to accept criticism 1 2 3 4 5

Memory 1 2 3 4 5

Thriftiness 1 2 3 4 5

Overall personality 1 2 3 4 5

Ability to concentrate 1 2 3 4 5

Procrastination 1 2 3 4 5

Degree of self-assertiveness 1 2 3 4 5

Ability to express sympathy 1 2 3 4 5

Sensitivity to other's feelings 1 2 3 4 5

## Appendix 2 continued

MOTHER

- 1: Have strong positive feelings.
- 2: Have moderate positive feelings.
- 3: Have no feeling one way or the other.
- 4: Have moderate negative feelings.
- 5: Have strong negative feelings.

Ability to lead 1 2 3 4 5

Ability to discipline self 1 2 3 4 5

Intelligence level 1 2 3 4 5

Athletic skills 1 2 3 4 5

Present degree of happiness 1 2 3 4 5

Creativeness 1 2 3 4 5

Love life at present 1 2 3 4 5

Sex appeal 1 2 3 4 5

Skill with hands 1 2 3 4 5

Gracefulness 1 2 3 4 5

Amount that she worries 1 2 3 4 5

Capacity for work 1 2 3 4 5

Ability to control impulses 1 2 3 4 5

Vocabulary 1 2 3 4 5

Ability to discipline self 1 2 3 4 5

Degree of suggestibility 1 2 3 4 5

Present strength of will power 1 2 3 4 5

Ability to make decisions 1 2 3 4 5

Degree of self-consciousness 1 2 3 4 5

### Appendix 3

#### Informed Consent

The purpose of this study is to measure the amount of interaction that takes place between yourself and four different significant target persons. The results of this study will give me information about how people percieve their interaction with other persons. This study is being completed in partial fulfilment of master's degree requirements, and the research results may be published. Your name will not be used in any reports of the data.

I have had this study explained to me and agree to participate.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date